HOW TO REDUCE ANXIETY...

After kids experience a very frightening event they may feel afraid for days or weeks or even longer. Sometimes they know why but they can’t control it. Sometimes they don’t even know why they are feeling afraid.

IF YOU ARE FEELING AFRAID, HERE ARE SOME THINGS TO TRY:

KEEP DOING YOUR NORMAL EVERYDAY ACTIVITIES like going to school, sports and after-school activities, even if you don’t feel like it.

SPEND MORE TIME WITH YOUR PARENTS, GOOD FRIENDS OR OTHER ADULTS THAT YOU know really well.

TELL YOUR PARENTS, A FRIEND OR AN ADULT YOU KNOW REALLY WELL THAT YOU ARE feeling afraid or worried. See if they can help you figure out why you are feeling this way.

REMIND YOURSELF THAT YOU ARE SAFE NOW AND THE SCARY EVENT THAT HAPPENED IS over. Sometimes people feel afraid after a frightening event even if there is no danger.

NOTICE HOW YOUR BODY IS FEELING AND TRY ONE OF THESE WAYS TO FEEL MORE RELAXED:

• TAKE SLOW FOCUSED BREATHS AND LET THEM OUT SLOWLY. Listen to your breathing and try to make it as even as possible. Breathe in slowly while you count to 3 and breathe out slowly while you count to 4.

• STAND STIFF LIKE A TOY SOLDIER at attention while you count to 5. Then flop like a wet noodle (getting really floppy and silly can be both relaxing and fun). Repeat this 2-3 times.

When you met with your clinician, you and your parents may have learned and practiced some other ways to relax. Practice these techniques, too, and ask your parents to do them with you.